

## NATURE PARK & HIKES



### Blues & BBQ

August is the end of the summer, but there is no reason to feel "blue" when you can hear the "Blues!" That's right... The City of Lake Forest is proud to present the "Blues Hounds." The "Blues Hounds" have been around since the summer of 2003. In that short time, they have had the opportunity of backing Chicago blues guitar legend Eddie C. Campbell and blues keyboard legend Deacon Jones. When the "Blues Hounds" play the Nature Park, there is always a surprise! During the past 3 years there have been various guest artists who sat in on the fun. Just to add to the Blues Flavor, the City of Lake Forest will be holding a good old-fashioned BBQ. Yes, there will be food and refreshments available for a nominal fee.

Fee: Free

Location: Lake Forest Nature Park  
(26215 Dimension Dr)

**For more info call: The City of Lake Forest at 461-3450**

**Families Aug 1 Sun 3:30-4:00 pm (BBQ Begins)  
3:00-6:00 pm (Concert)**

### Coyote Brush Hike

This is an easy to moderate hike of approximately 3 miles over some hills for ages 10+. Hike will go through deeply forested canyons with oak trees and an array of abundant wildlife. Hike will also feature steep slopes of Coastal Sage Scrub and Chaparral and boast panoramic views of Whiting Ranch.

Fee: \$5.00 (includes Snack and Water Bottle)

Location: Whiting Ranch Park (Glenn Ranch Parking Lot located off of Glenn Ranch Rd), \$3.00 parking fee per vehicle.

**To Register: On-Line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 1721 10 yrs-Adult Jun 19 Sat 9:00 am-12:00 pm**

## YOUTH

### Rec 'N Roll

Lake Forest is going to ROCK this summer as Rec 'N Roll brings you all the recreation fun that you can handle. Enjoy our recreation center on wheels in the great outdoors! When the Rec 'N Roll staff rolls into your neighborhood park you'll have fun with sports activities, board games, craft projects, water fun, carnival games with prizes, and much more. Each week, recreation staff will have a variety of activities centered around different themes. Best of all it's FREE! Make sure you check out Rec 'N Roll this summer – we're rollin' to a park near you!



<b>Mondays</b>	Cherry Park (22561 Cherry Ave)	1:30-4:00 pm
<b>Tuesdays</b>	Rimgate Park (29772 Rimgate)	10:00 am-12:30 pm
	Peachwood Park (21132 Peachwood)	1:30-4:00 pm
<b>Wednesdays</b>	Concourse Park (18931 Saddleback Ranch Rd)	10:00 am-12:30 pm
	Cherry Park (22561 Cherry Ave)	1:30-4:00 pm
<b>Thursdays</b>	Alton Park (18992 Alton Parkway)	10:00 am-12:30 pm
	Foothill Ranch Community Park (19422 Rue De Valore)	1:30-4:00 pm

### Theme Weeks

Week 1	Sports Week	Jul 12-15
Week 2	Game Mania	Jul 19-22
Week 3	Craft Craziiness	Jul 26-29
Week 4	Carnival Madness	Aug 2-5
Week 5	Parents vs. Kids	Aug 9-12
Week 6	Obstacle Course Fun	Aug 16-19
Week 7	Water World	Aug 23-26
Week 8	Rec 'N Roll Olympics	Aug 30-Sep 2

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